



Marine Corps Bases Japan

23rd Executive Force Preservation Board



OUR GREATEST ASSET



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- Combat Stress (Pilot Program): Formed a combat stress support group, which meets weekly for 6 weeks.
 - Facilitator is a highly qualified LCSW Tier III Clinician with extensive training and experience in the assessment and treatment of PTSD and has expansive skills in the use of Cognitive Behavioral Therapy and Exposure Therapy.
- TBI and PTSD (Planned Initiative): Semper Fit Health Promotion is currently studying the research literature to gauge the efficacy of yoga in mitigating TBI and PTSD. If this modality proves effective, Health Promotion's Group Fitness personnel plan to suggest a partnership with Family Services Counseling and Advocacy Program (CAP) counselors and the Operational Stress Control and Readiness (OSCAR) team as a way to synergize treatment approaches.



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- Sexual Assault Prevention and Response (SAPR): Coordinator disseminates SAPR information via:
 - Annual SAPR Briefs
 - Pre and Post Deployment Briefs
 - Weekly JRC New Join Class
 - Senior Officers' Course
 - SNCOA Brief: Every Six Weeks
 - Chaplain SAPR Briefs
 - Commanders' Course
- SAPR Planned Initiatives:
 - Quarterly uniformed victim advocate and SAR coordinator training
 - Publish articles in local periodicals relating to myths and facts about sexual assault, including statistics, and updated SAPR information
 - Offers a self-defense class which is both prevention and response orientated
 - MCBJ Safety Specialist (Joe Botulinski) conducts martial arts classes
 - Conducts quarterly symposiums for men and women (separately)
 - Hosts annual Sexual Assault Awareness Luncheon with educational lecture by guest speakers
 - Annual performance by Catharsis productions "Sex Signals" which mixes improv comedy, education, and audience interaction to address dating, sex, consent, and sexual assault



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- SAPR Planned Initiatives (Continued):
 - A leadership summit on sexual assault targeting Senior Officers and SNCO's.
 - Establishes a media library for use by UVA/SARC in trainings and symposiums.
- Suicide Prevention:
 - Plan and coordinate annual "Beating the Blues" that provides approximately 21 shows in a 2.5 week period for 1.5 – 2 hours on suicide awareness and prevention, alcohol and substance abuse, combat operational stress control, sexual assault prevention, and information on MCCS sponsored holiday season activities. For 2009, 11,642 Marines and Sailors were in attendance.
 - Marine & Family Services and Semper Fit Health promotion conducts suicide awareness and prevention classes/training throughout the year for Newcomer's Orientation, JRC presentations, and unit level training.
 - Supports the Chaplain's quarterly CREDO workshop.



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- Suicide Prevention (Continued):
 - MCCS worked with G-6 to establish an easy to remember short access number for anyone in distress that will connect quickly with Military One Source (MOS). Dialing "145" will connect to MOS for assistance 24/7.
- Family Readiness Program and SMP: Leverage coordination of both programs to provide Lunch and Learn Series of discussions covering several topics, to include high risk behaviors and child pornography awareness/prevention.
 - This is a quarterly event with 40-50 personnel focused on NCO's and below.



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SPICE Prevention:

- Problem
 - Spice is a herbal substance with similar effects to marijuana. Substance is banned for use for all SOFA personnel.
 - Semi-legal (little to no proactive host nation enforcement to new laws)
 - Easy to obtain (local shops, internet, self employed peddlers)
 - Multiple THC analogs make testing/urinalysis a challenge
 - No standard to study for short/long term physiological harm to users (increase of stupefying and unconsciousness by users)
 - Enforcement challenge to commanders and Military Justice (Art 92/112a)
- Impact/Effect
 - Wide spread use impacting every command/MSC on Okinawa
 - Reports of use during working hours (heavy equipment/vehicle operators, aviation)
 - Residual associated crime trends (larceny, assaults, arson)
 - Substantial impact to unit readiness, proficiency, cohesion, and discipline.
- What the command is doing to resolve
 - Joint counter operations (PMO/CID/NCIS)
 - SNCO/Officer PME/New Join Briefs
 - Unannounced Health/Comfort inspections